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Abstract Title: Understanding the impact of physical activity, resistance training and workplace experiences of women at peri and menopause life stages.

Overview

Menopause and perimenopause are natural phases of life that bring about significant physiological changes, including alterations in hormonal levels, bone density, cardiovascular health, and muscle mass. These changes directly affect women's wellbeing and ability to maintain and benefit from physical activity. Understanding the perspectives of these women and identifying evidence-based strategies is crucial. Despite growing recognition of these health transitions, research has historically neglected the specific needs of this population, leaving a critical gap in tailored interventions and advice.

The symposium showcases the recent work of the Leeds Beckett University Peri-and Post-Menopause Research Team, building on interdisciplinary expertise from the Carnegie School of Sport (CSS), the School of Humanities and Social Sciences (HSS), and the Leeds Business School (LBS). This session aims to foster a multidisciplinary dialogue on the intersection of women's health, physical activity, and workplace experiences during these pivotal life stages.

Chair

Professor Theodoros Ispoglou

Structure

The session will feature three 15-minute presentations followed by a 10-minute Q&A session.

Presentations

1. School of Humanities and Social Sciences

Presenter: Dr Nova Deighton-Smith (on behalf of Marie Gwynbleidd)

Title: *Psychosocial Outcomes of Resistance Training Across the Female Reproductive Lifespan: A Scoping Review*

This presentation explores the psychosocial impacts of resistance training, focusing on overlooked age groups and research contexts. Using qualitative content analysis, it identifies gaps in current research and offers insights to develop strategies that increase women's engagement in resistance training, emphasising psychosocial motivators for adherence.

2. School of Sport

Presenter: Dr Allie Welsh

Title: *Effective Behaviour Change Techniques to Promote Physical Activity and Dietary Change During Menopause*

Dr Welsh presents findings from a large scoping review that identifies effective behaviour change techniques using the Behaviour Change Technique Ontology (BCTO). The review highlights evidence-based approaches to support individuals experiencing menopause in increasing exercise participation and promoting sustainable dietary changes.

3. Leeds Business School

Presenter: Dr Niki Kyriakidou

Title: *Workplace Experiences and Challenges of Academic and Professional Staff During Menopause*

This presentation explores the workplace experiences and challenges faced by professional and academic staff undergoing various stages of menopause. It highlights the significant impact of menopausal symptoms on employee performance and overall wellbeing, offering actionable insights into supporting women in professional environments.

This symposium highlights the need to address the unique experiences of women at peri- and menopausal stages. By amplifying their voices and expanding the evidence base, the session aims to promote greater participation in physical activity, improve quality of life, and empower women to remain active and productive throughout all stages of life.